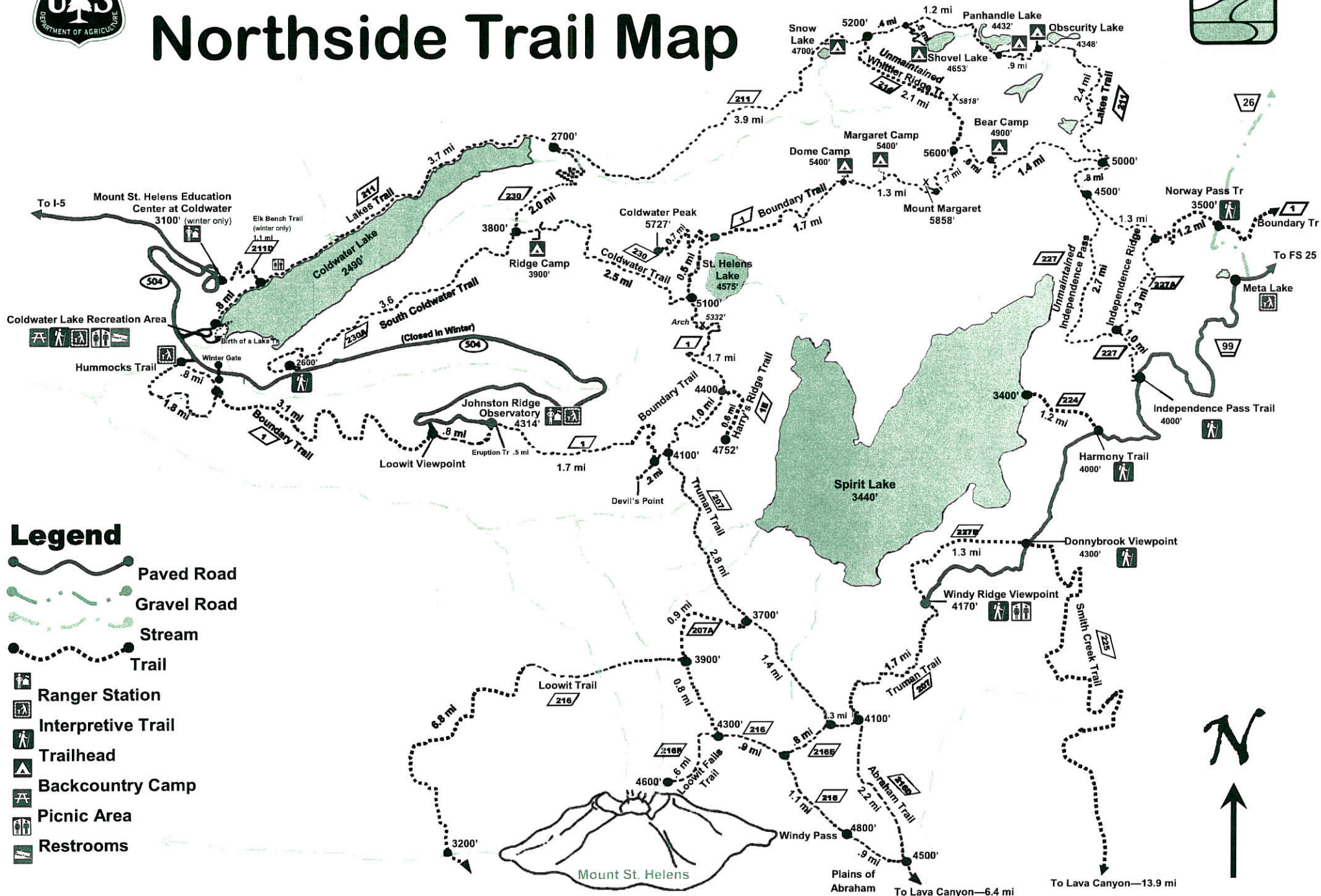




Mount St. Helens National Volcanic Monument

Northside Trail Map



The Mount St. Helens National Volcanic Monument is a protected landscape. Off-trail travel, collection, pets or stock are prohibited. Camp in designated campsites only. Backcountry camp permits are obtained at www.recreation.gov. Check reverse side for bike trails.

Mount St. Helens National Volcanic Monument Trail Descriptions

To prevent damage to the beauty and wild character of this area, please follow Leave No Trace guidelines.

Less than one mile

Birth of a Lake Trail Loop #246 (not shown on map), trailhead at Coldwater Lake Recreation Area

Trailhead facilities: Restrooms, drinking water, and picnic area.

Roundtrip Distance: 0.6 mi./1.0 km. roundtrip

Average Total Time: 20 minutes

Elevation Change: 20 ft./6 m.

Description: Paved boardwalk with interpretive signs along the shore of Coldwater Lake, a lake created by the 1980 eruption. The trail offers a close-up look at returning life in the area, with glimpses of Mount St. Helens and views of Minnie Peaks.

Eruption Trail #201 (not shown on map), trailhead at Johnston Ridge Observatory

Trailhead facilities: Restrooms and drinking water during open hours.

Roundtrip Distance: 0.5 mi./0.8 km.

Average Total Time: 20 minutes

Elevation change: 114 ft./35 m.

Description: Paved trail with interpretive signs. The trail offers panoramic views of Mount St. Helens, its crater and lava domes, the pumice plain and blast zone, as well as partial views of Sprit Lake.

One to three miles long

Hummocks Trail Loop #229, trailhead at Hummocks parking lot

Trailhead facilities: None, nearest restrooms and drinking water at Coldwater Lake Recreation Area.

Roundtrip Distance: 2.6 mi./4.3 km.

Average Total Time: 60 minutes

Elevation change: 300 ft./91 m.

Description: The trail takes you through hummocks (giant chunks of Mount St. Helens deposited by the May 18, 1980 landslide). It offers a close-up look at numerous wetlands and ponds, as well as excellent vistas of Mount St. Helens and the Toutle River.

Loowit Viewpoint, access via Boundary Trail #1 at Johnston Ridge Observatory

Trailhead facilities: Restrooms and drinking water during open hours.

Roundtrip Distance: 1.6 mi./2.6 km.

Average Total Time: 45 minutes

Elevation change: 314 ft./96 m.

Description: Trailhead is located near the western side of the Observatory parking lot. The trail winds its way along the south facing side of the ridge giving views into the heart of the blast zone at the Pumice Plain and recovering landscape as well as view into the crater.

Four miles and longer

Coldwater Peak #1G via Boundary Trail #1, trailhead at Johnston Ridge Observatory

Trailhead facilities: Restrooms and drinking water during open hours.

Roundtrip Distance: 11.2 mi./18.0 km.

Average Total Time: 5-6 hours

Elevation change: up to 1627 ft./496 m.

Description: Starting either at the Observatory via the Eruption Tr. or from the parking lot, the impact of the destructive power of a volcanic eruption can be seen in the form of the landslide, lateral blast and pyroclastic flows. Excellent views of Mount St. Helens and the crater abound throughout as well as Spirit Lake to the east. Sections of this trail are narrow with steep drop-offs. The trail goes through a natural arch with vistas of Saint Helens Lake before climbing to the peak of an ancient volcano plug.

Coldwater Lake Loop via Lakes Trail #211, Coldwater Trail #230, and South Coldwater Trail #230A, trailhead at Coldwater Lake Recreation Area

Trailhead facilities: Restrooms, drinking water, and picnic area

Roundtrip Distance: 10.1 mi.(+1.6 mi on road)/16.3 km.(+2.5 km)

Elevation Change: 1310 ft./399 m.

Description: This trail follows the shoreline of Coldwater Lake until the junction of Coldwater Tr. where the trail begins its ascent to the top of South Coldwater Ridge before descending to the trailhead. Along the way, take in the sights around the post-eruption lake, limited views of Mount St. Helens from the 230A trail, stroll past logging equipment caught in with the lateral blast. Return to vehicle requires a 1.6 mi walk back along WA Hwy 504.

Harry's Ridge Trail #1E via Boundary Trail #1, trailhead at Johnston Ridge Observatory

Trailhead facilities: Restrooms and drinking water during open hours.

Roundtrip Distance: 6.6 mi./10.6 km.

Average Total Time: 3-4 hours

Elevation change: 652 ft./199 m.

Description: This spur trail climbs Harry's Ridge to offer the best view of Spirit Lake that can be accessed from the west. Hummocks are visible in the northern corners of the lake, and thousands of trees that were swept into the lake during the eruption can still be seen floating on the lake.

Loowit Falls via Truman Trail #207 and Boundary Trail #1, trailhead at Johnston Ridge Observatory

Trailhead facilities: Nearest water, restrooms and telephone are at Johnston Ridge Observatory, during open hours; Coldwater Lake, after hours.

Roundtrip Distance: 13.6 mi./22.0 km.

Average Total Time: 6-7 hours

Elevation Change: 1000 ft./304 m.

Description: This trail travels through the pumice plain and gives different perspectives of Mount St. Helens' crater, Spirit Lake and ends near the base of Loowit Falls. Watch for elk and mountain goats as you cross the pumice plain and ascend a viewpoint of the 186' Loowit Falls.



Note: Stay on trail and do not cut switchbacks. Filter all water from streams and springs. The Whitter Ridge trail is not recommended with a full pack. Gas grills only at picnic sites or backcountry camps. Trails designated for mountain biking include Lakes Tr., South Coldwater Tr., Coldwater Tr. Boundary Tr. (from Norway Pass to Coldwater trail junction), and Smith Creek Tr.

This map is produced by Discover Your Northwest in cooperation with the US Forest Service.